

Abstract of the Disclosure

The inventor discloses a unique, new and useful process to reduce tobacco smoking, entitled Stop Smoking Method and Composition, consisting of: (1) educating tobacco smokers regarding smoking, its physiological dangers and addictive nature, and techniques to stop smoking; (2) hypnotizing said tobacco smokers, and (3) providing dietary substances to address the nutritional needs of nicotine addiction and the nutritional challenges thereof.